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5 1. A shoe insole structure comprising
a non-springy, acceleration-rate-sensitive viscoelastic cushioning and shock-
absorbing layer having upper and lower surfaces, and
a low-friction, abrasion-resistant, moisture-wicking overlayer joined to the upper
surface of said shock-absorbing layer.

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10 2. The structure of claim 1, wherein said overlayer includes elongate fibres
which function in the insole as lateral load distributors.

15 3. A shoe insole expanse with a perimeter comprising
an acceleration-rate-sensitive, shock-responsive cushioning structure distributed
generally over the expanse of the insole as is bounded by its perimeter, and
moisture-wicking structure distributed in conjoined relation regarding the shock-
responsive structure, effective to wick toward said perimeter, and thereby to promote
cooling evaporation of, any moisture generally present and in contact with the insole.